

Core Skills Analysis

Physical Education

- Through cadets, the student learned teamwork and collaboration by engaging in group physical activities and drills.
- Participation in cadets helped improve the student's physical fitness and stamina through regular training exercises and fitness tests.
- The student gained leadership skills by taking on responsibilities such as leading warm-up sessions or organizing team-building games within the cadet group.
- Cadet activities enhanced the student's discipline and time management as they had to adhere to schedules and follow instructions during drills and training sessions.

Tips

Engage the student in setting personal fitness goals related to cadet activities to foster a sense of accomplishment and motivation. Encourage them to practice leadership skills learned during cadet sessions in other group settings like school projects or clubs. Utilize cadet activities as an opportunity to discuss the importance of teamwork and collaboration in achieving common goals, emphasizing its application in both physical and academic pursuits.

Book Recommendations

- [Code of Honor \(Intrepid Hero\)](#) by Alan Gratz: A gripping novel set in a cadet school where a group of teenagers must uncover a traitor among them.
- [Full Speed \(Max Axiom Graphic Science\)](#) by Nikole Brooks Bethea: A graphic novel following a young cadet exploring topics like acceleration, momentum, and forces.
- [Courage Has No Color: The True Story of the Triple Nickles, America's First Black Paratroopers](#) by Tanya Lee Stone: An inspiring non-fiction book about the first black paratroopers in the U.S. Army during World War II.